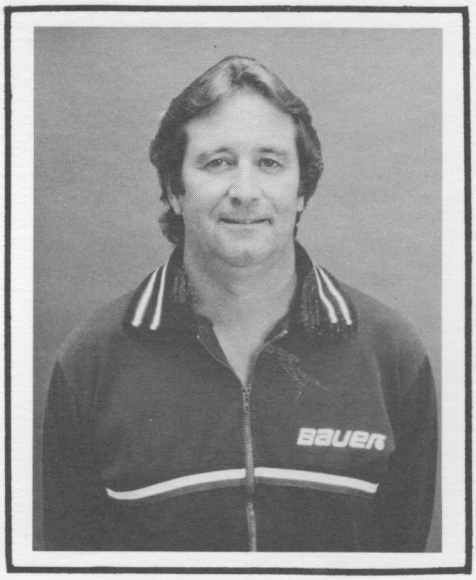
The Champions Curling Program

Instruction Manual

Summary



Summary

This program teaches basic fundamentals, principles that every top curler follows. Once you know the fundamentals, you'll understand what you are trying to do. As you curl, you'll know what your objectives are and what areas you need to develop. Complete control through hard work and hours of practice will be the key. Your development will rest solely on the amount of time you spend working on the points we have covered.

For those of you who have curled before, we hope somewhere we have touched on your individual problem. For the beginner, with these basics, you've got a good start.

We've seen this program work all over the world. Try it.

Remember — Forward press . . . trunk lift . . . swing.

Good curling.

Ray Turnbull

Additional Manuals

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The Champions' Curling Program

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The Champions' Curling Program

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Page 19 **Summary**

Using "The Champions' Curling Program"

"The Champions'" films and manual can be used by an instructor in a class situation or by an individual.

The manual provides ready-reference for both instructor and students. Photographs illustrate key positions. Instruction is concisely summarized.

Pointers For Good Instruction

- Read the manual in detail
- Preview each film at least once
- Prepare an introduction that orients the students to the following:
  1. Why use this program
  2. What fundamentals the program teaches
  3. How the program helps overcome common problems
- Provide an opportunity for students to practise
- Follow up each session with discussion of the practice and the program, using the manual as a reference

Introduction

Introduction

This program, developed by Canadian curler, Ray Turnbull, has already been used to train more than 25,000 curlers, from novices to world champions. It will teach you the fundamentals so that as you play, you'll get better and better.

The key to "The Champions' Curling Program" is basic fundamentals using the Balanced Motion Delivery. Everything's in the program for a reason. Take the lessons in order. Take enough time to be sure you know each step as you go. If you leave one thing out, you may be in trouble. Remember: basic fundamentals work!

Curling is a very difficult game involving pressure and strategy. So the stronger you are fundamentally, and the more consistent you become: the better you get, the more you improve, and the more you'll enjoy the game.

You'll begin to see what has made curling the fastest growing participation sport in the world.

Curling — the Game

This section is intended to introduce the novice to some of the important aspects of the game.

The Team

A rink or team consists of four players (Skip, Lead, Second and Third). Except when throwing, the skip remains in the house at the opposite end of the sheet. He plans strategy and directs the play of his team. He decides which shots to play. The third takes over the skip's duties when the skip throws his rocks.

In calling for a given shot, the skip first pats the ice with his broom, indicating where he wants the rock to end up. Finally he puts the broom down as a target for the player, judging the amount of "curl" needed for the rock to reach the objective or accomplish the intended purpose.

Equipment and Dress

For your own comfort and safety, you should be properly equipped to curl. As we are firm believers in the motion or sliding delivery, we suggest you wear a flat hard surfaced shoe or curling boot with a sliding surface on the sliding foot.

This does not mean you must use a slipper slider. However, a crepe or rubber sliding boot will prevent you from developing the motion which is so important to a smooth effortless delivery.

At the same time, we suggest a crepe or rubber surface for the anchor foot to ensure good balance when sweeping and moving up and down the ice.

Now that most rinks are heated, curling hats have become optional. With gloves there seems to be a lot of difference of opinion. Should the curler throw with the glove on or off? We suggest that if you wear gloves during delivery, they should be form fitting. And to avoid blisters we strongly urge all curlers to wear gloves while sweeping.

A curling sweater and comfortable stretch slacks will complete your curling outfit.

A curling broom or brush is essential for sweeping and maintaining balance throughout the delivery.

Introduction

Play

Each curler throws two rocks during an "end". The lead throws first, then the second, next the third or vice-skip, and finally the skip. Rocks are played alternately with those of the opposition. For example, Lead A throws his first rock, Lead B throws his first and so on. A 12-foot circle at each end of the long narrow sheet of ice is called the "house". As in shuffle-board, an end has been completed when all 16 rocks have been played to the house at the opposite end of the sheet. For convenience, the next end is played to the other house. Any number of ends may be played but the number is agreed upon in advance. Normally 10 ends are played. A game takes about two and a half hours.

The player delivers the rock from the hack. The hack is fastened behind the "house" at each end of the sheet. It provides an anchor point during delivery of the rock. As each team takes its turn, the opposing four players give up the ice to the playing team. One team is not allowed to interfere in any way with the opponents' rocks. The opposing skip, however, may remain behind the house to watch the opposition's rock and study the ice and action of the rock. He may also sweep opposing rocks after they cross the tee line.

Scoring

The score for the end is determined by the opposing thirds who must agree or call for an umpire's decision. As in the game of horseshoes, only the rocks that are nearest the center of the rings count. For example, one team has two rocks nearer the center than any of the opponent's rocks, the count is two; nothing for the opponent. The rule is that the winning team of an end must play the first rock of the next end, thereby giving the advantage to the side that lost the previous end. To determine which team will throw first in a game, a coin is tossed.

Rules

The rules first established under Scotland's Royal Caledonian Curling Club have been adopted by curling associations throughout the world. Any club will have an up-to-date rule book for reference.

Sweeping

Sweeping is an important aspect of the game. Accurate sweeping can take a rock, which otherwise would fall short of the house or intended destination, to its proper destination. Studies have shown vigorous sweeping can make a rock travel as much as ten feet further. A well-swept rock will not curl as much. In other words, sweeping modifies a rock's direction.

The second and third sweep the lead's rocks, the lead and third sweep the second's rocks. The lead and second sweep the skip's rocks.

Balanced Motion Delivery Part One

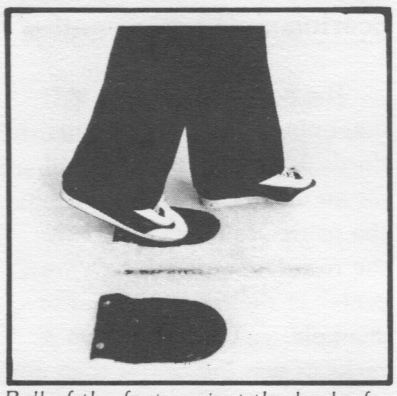
The Hack

You must sit correctly so you have control.

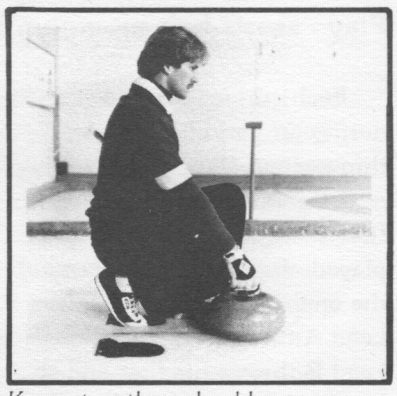
Place the ball of the foot against the back of the hack. Sliding foot is flat on the ice.

This makes it simple to drop down into the perfect curling stance — knees tight together, sliding foot flat on the ice, shoulders square, eyes straight ahead. This position gives you comfortable control of the body.

The ball of the foot against the back of the hack enables good leg drive, which is necessary to push the body out of the hack and continue forward motion.



Ball of the foot against the back of the hack. Sliding foot flat.



Knees together, shoulder square, eyes ahead.

The Broom

The broom provides balance during delivery. Its positioning is important.

Place the hand on top of the broom. Arch the wrist to drop the elbow. This helps hold the broom into the body. Broom handle end should be in the shoulder-blade area.

In the delivery position, the broom should be just slightly ahead of the sliding foot. If held properly and kept in position throughout delivery, the broom can provide balance help if needed.

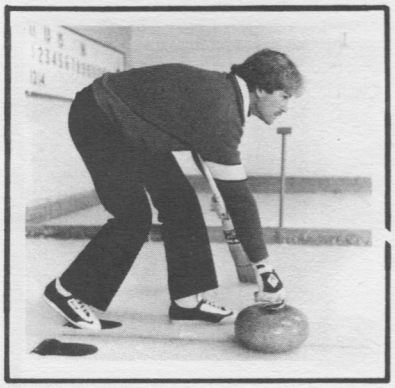
Hand on top of broom. Arch the wrist.

Broom slightly ahead of sliding foot.

Balanced Motion Delivery Part One

Slide the rock forward.

Bend from the waist, throwing arm straight.



Use both legs to lift trunk.

Pull the rock back.

Swing the rock. Sliding foot takes a small sideways step.

Balanced Delivery

Consistency is the key to success in delivery. Develop these steps so you do the same thing each time.

Forward Press

Slide the rock out, bending the top half of the body forward from the waist, keeping the throwing arm straight at all times.

Your eyes will remain on target at all times and the throwing arm is straight. Bending the top half of the body forward will move the rock forward on target and the body is now in position to utilize the trunk lift.

Trunk Lift

Use both legs to lift the back part of the body. This enables you to pull the stone back along the ice and begin the swing.

The stone will swing off the ice with ease and the weight will be negligible. Body will remain at this height.

You must not stand up or lift the stone. Swing it. At this point, most of the weight is on the hack leg controlling the body. Take a small counterbalance backward step, with the sliding foot and move into the swing.

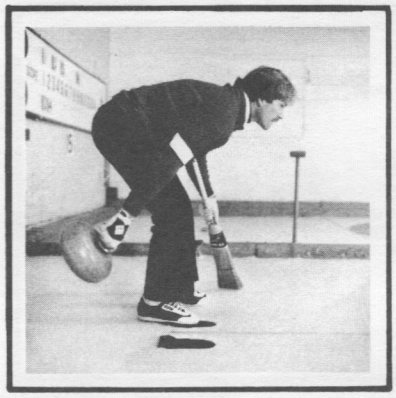
Balanced Motion Delivery Part Two

The Swing

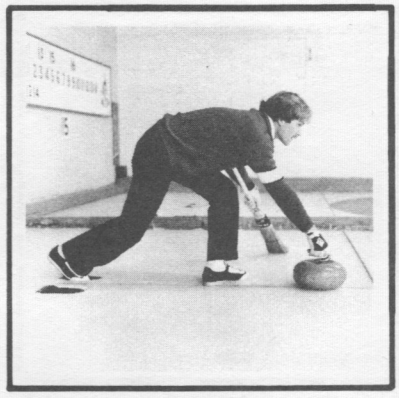
The swing comes from the shoulder. Both shoulders should be square. The throwing arm is still straight.

Don't lift the stone. Swing it. Keep it on target. Swing it back on target and forward on target.

That's how you stay consistent and keep control.



Swing rock from shoulder.

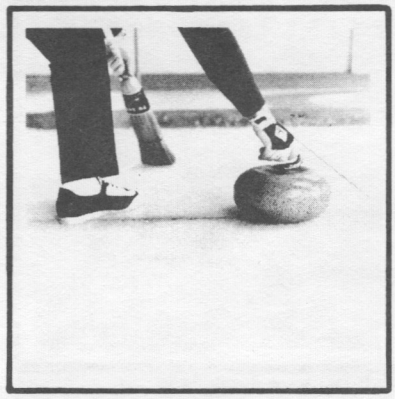


Swing forward on target.

Downward Motion

In the downward motion, the stone comes first. The sliding foot comes directly in behind the stone.

Note — the shoulders remain straight and square. The throwing arm is straight. The sliding leg now takes complete body control using the broom for balance, if necessary. **The ball of the hack foot pushes the body into motion.**

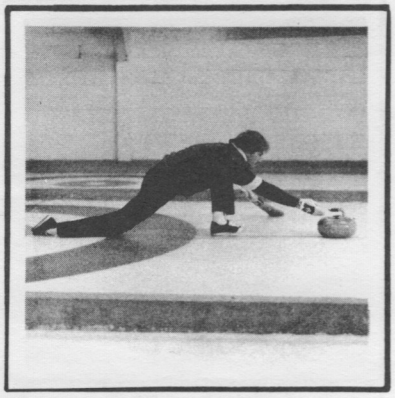


Sliding foot comes behind stone.

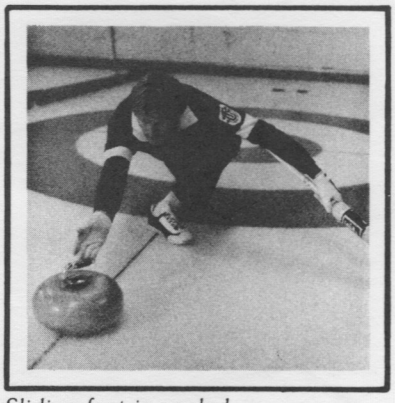
Ball of the hack foot pushes body into motion.

Balanced Motion Delivery Part Three

Drop down inside knee area.



Sliding foot controls body.



Sliding foot is angled.

Body Extension

Drop down inside the knee area, extending the body and arm. The control of the body is taken by the sliding foot, directly below the chest. The trailing hack leg is straight behind the body.

The body reaches the lowest point of the balanced delivery as you release the rock.

Note — the sliding foot is angled, enabling the body to extend horizontally and remain square on target, balanced and controlled.

By constantly doing these same motions your Balanced Delivery will become second nature to you and you will be able to do it consistently, every time.

Release Points

Body and stone speed will alter, depending on downward swing and hack push. Try to use a constant release point and alter the speed at which you leave the hack.

The stone is put into motion from the downward swing and the body is put into motion by pushing away from the hack. The leg drive is the dominant factor. The combination of the two depends on the amount of weight you need for the shot.

The release point will differ with each person. By trying to consistently release at the same point, you will develop a "touch" or a "feel" for the correct weight for the shot.

Then if you make a mistake and drive from the hack too fast for a certain shot, you have the opportunity of extending your release point and releasing when you feel the weight is correct.

The same is true if you drive from the hack too slowly for a certain shot. You will "feel" you made a mistake because you are able to relate your speed to your release point.

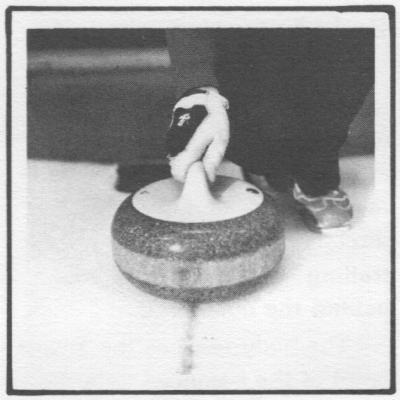
You will then be able to correct yourself by releasing the rock sooner while you "feel" you have the right weight. Your concentration should go to the speed at which you leave the hack. By using the constant release point, you will soon develop a good "feel" for the weight of the shots.

Balanced Motion Delivery Part Three

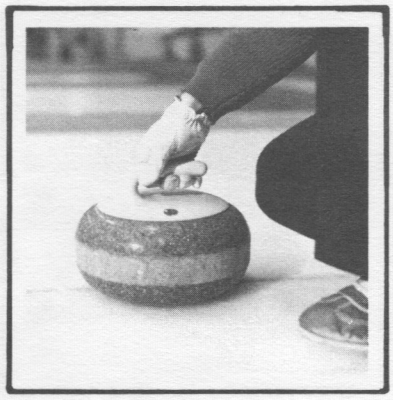
Gripping the Stone

Drop your hand straight down on the handle, curling the fingers around and placing the thumb on the side. The palm should be above the handle. There should be no palm contact. Grip should be firm to control the rock.

The positioning of the grips: fingers, palm, and thumb, is identical for both the in-turn and the out-turn.



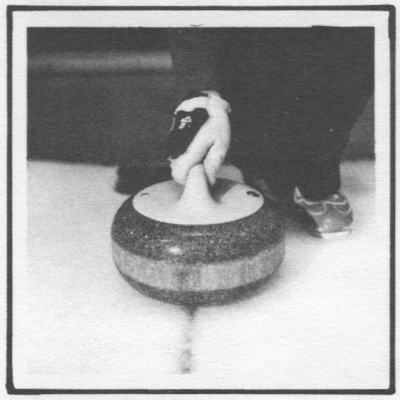
Drop hand straight down on handle.



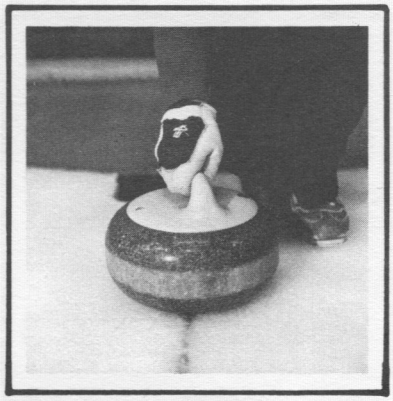
Palm is above handle, no palm contact.

In-Turn

You may set up the handle straight ahead (6 o'clock position) or turn the stone slightly (5 o'clock position). Either way is quite acceptable. The secret is — The way you set it up, is the way you swing it back and the way you bring it forward.



In-turn: 6 o'clock position.



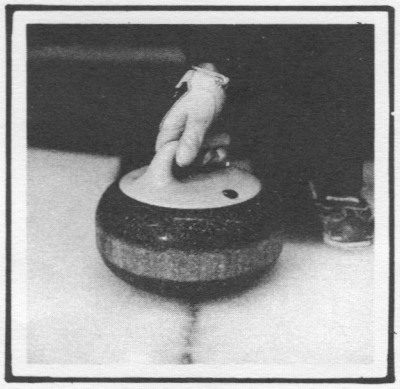
In-turn: 5 o'clock position.

Out-Turn

The only thing that changes in the out-turn is the positioning of the stone.

You turn the handle slightly (to the 8 o'clock position).

When you turn the stone like this you should feel a little locking in the elbow that helps to keep the arm straight. It's simply a matter of turning the stone back as you release it. Again, the secret is - the way you set it up, is the way you take it back and the way you bring it forward.

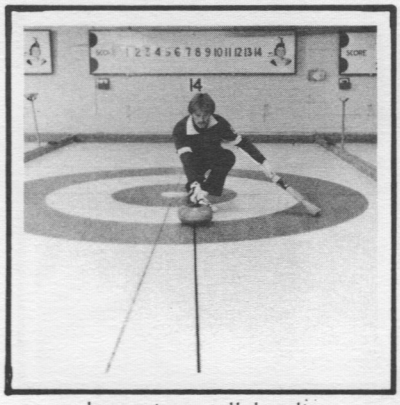


Out-turn: 8 o'clock position.

Balanced Motion Delivery Part Three

Line up stone on target, using imaginary line from stone to target.

Body and stone begin parallel to imaginary line . . .



. . . and remain parallel to line.

Body Alignment

Whether you're doing a wide in-turn or a wide out-turn, always line up the stone on your target.

The stone should always be directly down from the shoulder. The body is always parallel to a straight imaginary line from your stone to the target. Shift your body in the hack; feet, knees, shoulders, etc., to keep it parallel with the imaginary line from your stone to the target.

Always do the same steps for your balanced delivery — forward press, trunk lift, swing the stone back along your imaginary line and forward along your imaginary line on target. Always line up properly and you become a consistent shot maker.

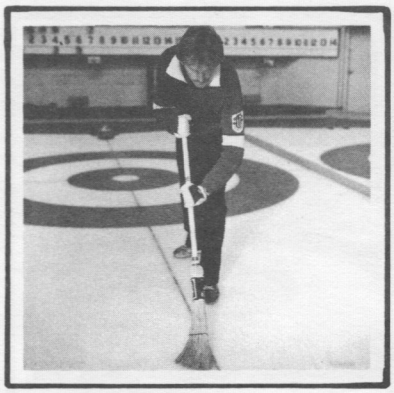
Sweeping

Holding the Broom

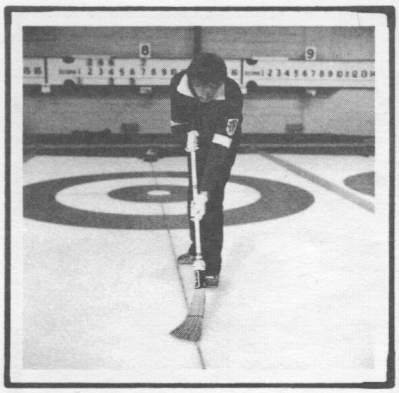
The way you naturally hold the broom dictates on which side of the stone you're going to sweep. The blade of the broom must always be ahead of the body. Never sweep trying to go backwards with your body.

Place the hand you prefer to be your top hand at the end of the broom handle. The other hand is placed mid-way down the handle, usually just above the label.

Some people place the bottom hand on the handle with the overhand grip and some people use the underhand grip. Both are acceptable.



Overhand grip.



Underhand grip.

The Feet

The feet are positioned with the front foot pointing at an angle down the ice and the back foot turned slightly.

Keep your shoulders facing down the ice. The broom should be angled well out in front of the body.

You must bend over to be an effective sweeper. The angle of the back is almost parallel to the ice.

Feet positioned slightly apart, front foot angled down the ice.

Sweeping

Keep broom in front of body.

Inside sweeper must be behind stone.

Sweep as close to stone as possible.

The Stroke

In sweeping, the top hand does all the work. The bottom hand acts as a pivot and is only used to apply pressure to the stroke.

Note – keep the broom in front of the body.

Two Sweepers on Same Side

The secret is – the inside sweeper, usually the strongest sweeper, must be behind the stone.

This allows the outside sweeper to tuck himself in tight, so both sweepers can be close to the stone. Both sweepers have a clear footpath and are effective without interfering with each other.

Two Sweepers on Opposite Sides

Again, often the strongest sweeper becomes the inside sweeper.

It is important to be as close to the stone as possible.

Sweeping

The Step

Establish on what side of the stone you must sweep (remember, blade of broom ahead of body - no backing up). If the slider is on the front foot, the motion is a "push-slide".

Shift the weight from the back to the front foot as you push. The key is to push when the feet are together.

If the slider is on the back foot, the step becomes "pull-slide".

In this case, the pull happens when the legs are apart.

A shorter, quicker step is normally used.

Sweepers should be in position and moving as the stone is released. The sweepers decide when to sweep for the draw shots. This gives them the responsibility of weight judgement. When sweeping is to be done for direction as well as weight, they should listen for instruction.

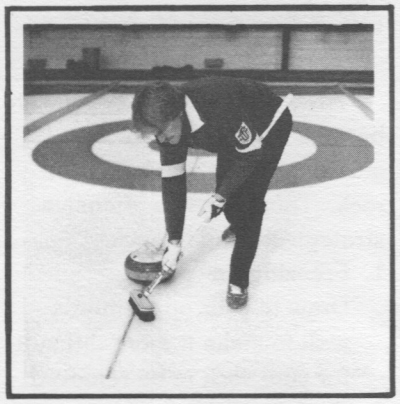
Slider on front foot: as you push, shift the weight from back foot . . .

. . . to front foot.

Slider on back foot: shift weight to front foot . . .

. . . and pull back foot forward.

Sweeping



Brush handle rests across thigh.

Hands may be placed high or low on handle.

Brush moves back and forth in front of stone.

The European Brush

Whether you use a broom or a brush is your decision. They both perform the job they were designed for. The brush is excellent in the house because it can get around rocks with ease, and it doesn't shed like a straw broom.

On the other hand, the sound of the broom and the rhythm and timing of sweeping adds a great deal of excitement to the game. The broom also enables the sweeper to move quickly with faster stones.

To hold the brush correctly, the handle should rest across the thigh on the same side of your body as the hand highest on the handle.

Hands may be placed high or low on the handle. Both are acceptable.

Europeans seem to hold the brush higher than North Americans. The brush moves back and forth in front of the stone with an effect much like sweeping. The more pressure you apply, the better you are. Again, keep the brush ahead of the body and push with the feet.

Basic Strategy - Fundamentals

Basic Strategy

All the strategy in the world is ineffective if you can't make the shots. So learn to throw the stone well before you become a curling strategist.

Fundamentals

1. **When you don't have last rock . . . your opposition is entitled to one point.**
   You have to make sure they don't get more than one point.
   Conversely, when you have last rock . . . you are entitled to one point.
   Now and only now should you be prepared to gamble for more than one point.
   Exception: this would not apply if you were hopelessly down or playing the final end without last stone.

2. **When you have last rock . . . try to play the game on the edge of the circles, leaving the centre as open as possible.**
   In this way you can get in and score with your last rock, if your offensive manoeuvers haven't worked.
   When you do not have last rock . . . try to play the game in the centre of circles.
   However, in trying to steal a point, be careful your own stones don't work against you. There is a danger that the team with last rock may get more than the one point they are entitled to.

Defensive Strategy

The first two ends of every curling game are played for experimental purposes. You want to learn three things:

1. **How heavy is the ice?**
   How much weight or momentum does it take for the rock to reach the house?
2. **How does it curl?**
   How do the in-turns and out-turns work?
3. **The calibre of your opposition.**
   This could dictate the style of game you play.
   a) If you are playing a team that you know is better than you are, try to keep as many rocks in play as possible. To beat that team you are going to need luck, and the element of luck is higher when there are more stones in play.
   b) If you are playing against a team that you know you are superior to, try to take everything out of the house. Keep the game as simple as possible. Eventually, you'll beat them on their misses or mistakes.
   c) If you're playing a team of equal calibre, early end fundamentals apply.
   Experiment. Do your offensive manoeuvers with last rock, gambling only when you're sure of weight and ice.

Offensive Strategy

After the early ends, you can become more offensive by gambling when you have last rock. There are two offensive strategies with last rock:

1. **Freezing up**
   Draw to your opposition's rock to make it more difficult for your rock to be removed.
2. **Corner guard**
   The corner guard is a rock in front of the house off the centre line. Once a guard is set up, you can draw around it into the house.

Offensive strategy without last rock.
You may be forced into being offensive when you don't have last rock. This can happen when you are down two or three points in the middle and later ends of a game. Try to establish guards on the centre line, hoping for a miss from your opposition so that you can draw around behind.

Basic Strategy - Defensive

Examples of Defensive Fundamentals

Yellow asks his lead to put his first rock on the top of the four foot, indicating an in-turn.

It falls short, but is still all right.

By experimenting he now has an indication of the weight of the ice and how it curls.

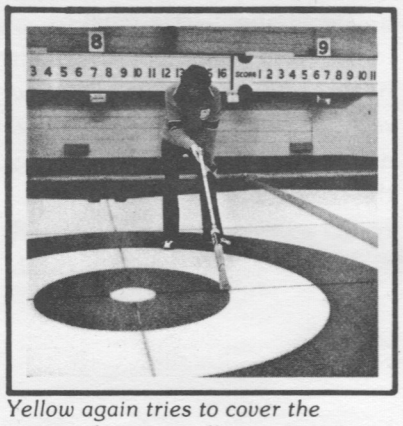
Had the rock stopped further out, the first end could become very complex. No curler wants to be forced to make a pressure shot near the beginning of a game. He wants to play the game open.

Red, who has last rock, wants the yellow stone out of the way.

He calls for the same in-turn and removes the yellow rock.

It was the only shot he had seen and the only turn he knows.

Remember, with good teams both skips are experimenting and not trying to score.



Yellow again tries to cover the centre, this time calling an out-turn.

In two shots he has seen both turns.

The game continues for a few ends, nice and clean, with the last rock team trying to draw the game to the edge of the house and the team without last rock, trying to keep the game in the centre.

Both teams know the weight and ice conditions by now, and each has an indication of how the other team curls.

Basic Strategy - Defensive

Now the strategy begins: In the 5th end, Yellow again covers the button.

Red wants the stone out of the house and hopes to roll his shooter to the edge.

Red misses.

Yellow now has an opportunity to score, and calls for a guard with his next rock.

He gets it, but the stone comes a little too far into the house.

Red wants the front rock off and again tries to roll his shooter to the edge.

It works.

Had Yellow's guard been in front of the rings, Red's rock would have hit and rolled, and not been in play in the house. Because Yellow does not have last rock, he is now forced to take out Red's rock instead of playing another guard to cover his own.

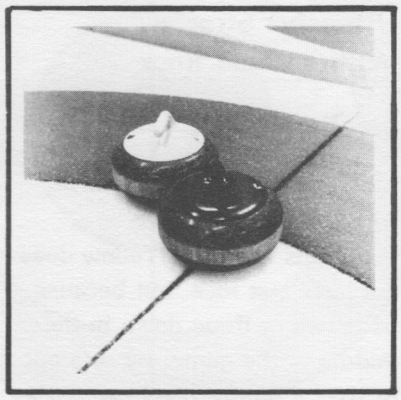
Remember — He must try to hold Red to one point because he doesn't have last rock. He will become offensive and try to get more than one in the next end when he has last rock.

Basic Strategy - Offensive

Offensive Strategy With Last Stone

Freezing Up

In this example, Red, with last rock advantage, tries to score an extra point by freezing up to Yellow's rock.



It works, and Red becomes shot rock.

Yellow is forced to play Red's rock, with the danger of knocking their own stone out of play.

Red would then have the opportunity to play to the other side and lie two, and if the teams should exchange rocks throughout the remainder of the end, Red would score two.

Offensive Strategy With Last Stone

Corner Guard

In this example Yellow is counting one on the edge.

Red, again with last rock advantage, chooses to play a corner guard this time.

Red hopes Yellow will ignore the guard and draw. A draw will give Red a chance to hit and roll, or hide behind his corner guard, depending on where Yellow places his stone. Both teams will now have more difficult shots.

Because Red has last rock, an error by Yellow may result in Red scoring an extra point.

Without last stone, Yellow should split the red guard off. This corner guard, if ignored by Yellow, will allow red to play the game on the edges with the centre open, and even if his offensive strategy doesn't work, Red can always get in and score with his last rock.

Remember — the basic fundamental of scoring rests with the last rock advantage.

When you have it, play the edges.

When you don't, play the centre.

Basic Strategy - Offensive

Offensive Strategy Without Last Rock

Stealing Points

Scoring when you do not have last rock:

In this example, Yellow does not have last rock, but because he is two or three down in the middle of the game, he sets out to steal a point.

Yellow calls for his stone in front of the house instead of in the house . . . to take the four foot away from his opposition.

He gets it.

Red, who has last rock, wants to keep the centre open and so calls to take the yellow stone out and roll to the edge.

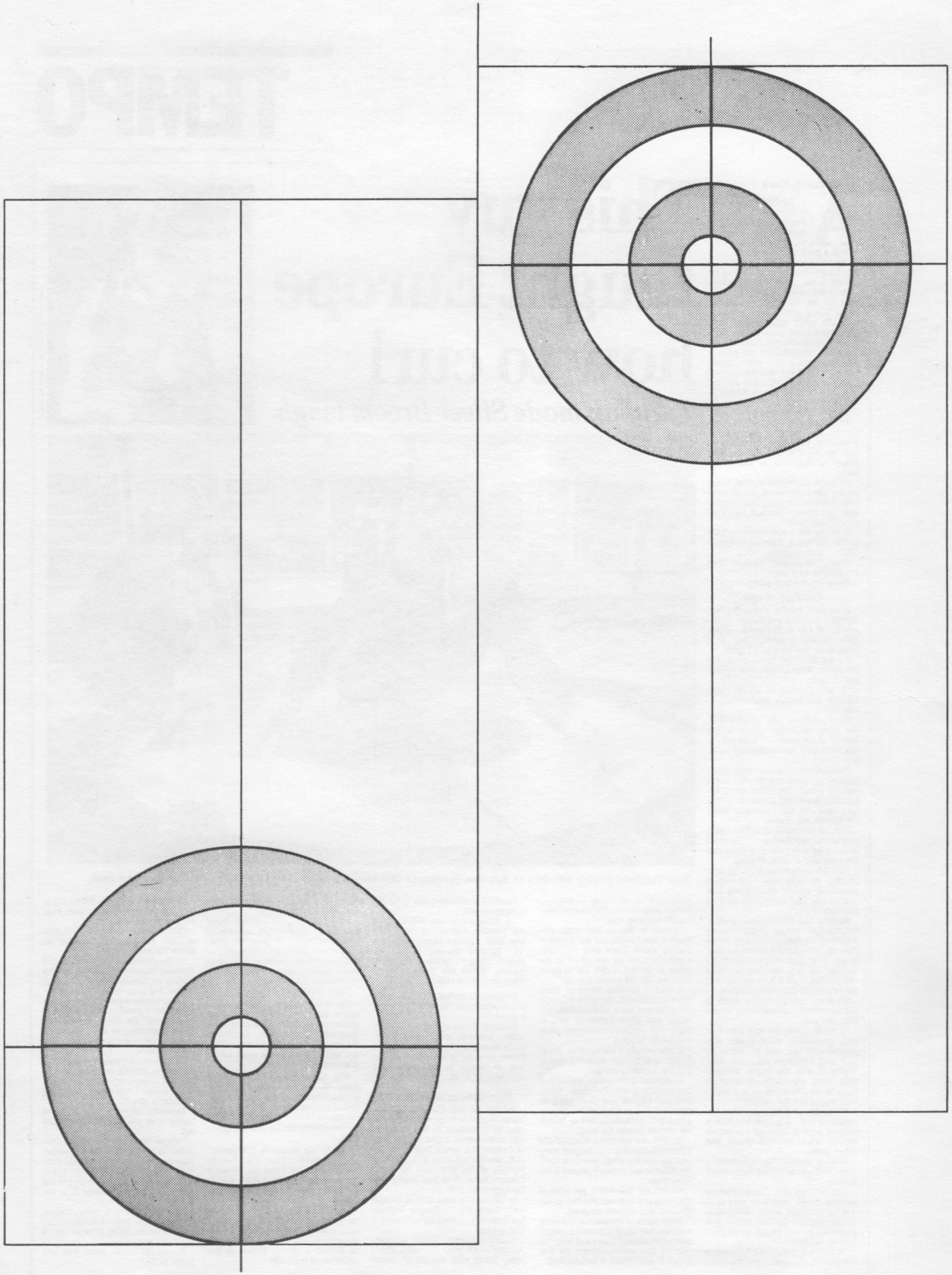
Unfortunately, there's a nose hit. Red takes out Yellow's stone, but stays in front. Yellow now has an opportunity to steal.

He chooses to play another guard to hide the four foot again, establishing a good front.

Had it been his third's rock or his skip's first, he might have tried to go around. Conversely, had he come in too early, Red would have removed his own stone and Yellow would have had to guard his counting stone time and again. (Too difficult)

The second guard in front may entice Red to come around and leave the four foot closed. Now, it's a race for the button.

Red's last rock advantage isn't as dominant anymore and an error by Red, or a good shot by Yellow may result in a steal.



TEMPO

This guy taught Europe how to curl

Turnbull made Silver Broom tough

By Barbara Huck

JAMES HAGGARTY/WINNIPEG FREE PRESS

ALTHOUGH It goes back nearly five years, Ray Turnbull remembers the moment as though it was yesterday.

With a good deal of pride.

The scene etched in his memory is Winnipeg's beribboned and flag-bedecked arena, jammed to the rafters with 10,000 rabid curling fans gathered for the semifinals of the 1978 Silver Broom. But most of them —the normally noisy ones in the Maple Leaf adornments — are slumped now in disappointment and disbelief.

Canada, embodied by the guys in the white hats — tiny, straw-chomping Mike Chernoff and his sidekick Fast Eddie Lukowich — has just lost to Norway's Kristian Soerum, stretching the string of losses in the sport it once dominated to six years.

The world's greatest curling nation has been humbled, yet again, by a country with fewer curlers than turn out for a decent bonspiel anywhere in Manitoba or Saskatchewan.

As Turnbull, umpire-in-chief, heads up the sidelines toward the officials' area, an irate fan leans from his seat and yells down: "Turnbull, this is all your bloody fault."

Savoring the scene 4½ years later in his Winnipeg insurance agency office, Turnbull grins.

"Sure, I remember," he says. "And it was true, to a point."

The point is one of pride.

Coming of age

More than anyone else anywhere, Turnbull has been responsible for the coming of age of European curling. From Norway to northern Italy, he is revered by followers of the sport.

His list of former pupils reads like the Silver Broom honor role for the past decade.

"I had a piece of all of them. Except the North Americans, of course."

He is, without any qualification, the most successful coach in the history of the game . . . although for the most part his talents are unappreciated at home.

Turnbull has turned out eight world champions, male and female, in the past 10 years. The whole thing has provided handsome dividends for the tall, dark and still handsome fellow his cronies call Moose.

One, he confesses, is a deep sense of personal satisfaction . . . the thrill of breaking new ground, of becoming the very best at what he does.

"It's not a big thing, not a big area of life," he says now. "But there's something special about being first and having that kind of recognition internationally."

Another and perhaps even greater satisfaction comes from "having watched European 'curling move from those awful 17-2 games we used to see to a point where at least six nations can win anytime in world competition." And knowing he was the reason for the transformation.

He points with particular pride to the successes internationally in the year just past.

"I think it was the best I've ever had. (Sweden's) Soren Grahn, who started with me, won the world junior. And Marianne Jorgensen from Denmark won the world women's title. That, especially, is amazing, considering Denmark is a country with less than 1,000 curlers."

Not so amazing perhaps, when one considers that Jorgensen has been a diligent pupil of Turnbull's Denmark curling school for each of the past seven years.

What is remarkable is Turnbull's story. It began with a chance remark back in 1967.

Turnbull and Don Duguid (the renowned "Digit" who later went on to win back-to-back world titles) were ruminating over the Diamond D, precursor to the Lassie and Scott Tournament of Hearts.

"We both had noticed how many of the women, supposedly the best in the country, were sweeping backwards, simply because they hadn't ever been taught anything else.

"I said to Donnie that what was needed, what *we* should do, is have a curling school. There were none anywhere then. So we ran an ad in the paper in the fall of 1968 and in three days we had 200 people sign up."

It wasn't because either of them were big names in the sport. (Though Turnbull had been all-Canadian, all-world two years before, it was at lead, and Duguid's successes were still in the future.)

It was simply a classic case of the better mousetrap, with the world beating a path to the door.

In cahoots with curling equipment impresario Wally Ursuliak, Turnbull and Duguid took their show on the road, first to Ursuliak's stomping grounds in Edmonton, and in 1969 to six centres across the West.

In 1970 the operation became TU (Turnbull-Ursuliak . . . Duguid busy seeking fame in other quarters) Curling Schools and requests poured in for 40 of them.

In 1971 the Europeans got wind of the thing and Turnbull polished up his Swedish and crossed the pond.

Back again in Sweden the following autumn, his school attracted a contingent of interested Swiss and soon TU Schools was under contract for five years of instruction in Switzerland.

Turnbull remembers that year for another reason.

"A young fellow who had attended our Swedish schools for two years won their national championship in '72," Turnbull recalled, "and I went around telling everybody at the Silver Broom, 'Watch this Swedish team, these guys are terrific'."

He grins sheepishly. "We felt pretty stupid when Kjell Oscarius didn't win a game."

Oscarius made up for it in short order, however, establishing Turnbull's European reputation in one fell swoop by winning the Silver Broom title in Regina in 1973 — the first European to do so.

Monotonous succession

But not the last. Oscarius was followed in monotonous succession, at least for Canadians, by Bud Sommerville of the United States, Otto Danieli of Switzerland, Bruce Roberts of the U.S., Sweden's Ragnar Kamp, Bobby Nichols of the U.S. and Norway's Soerum, before Rick Folk finally won for Canada in 1980.

In '81, the title went back to Europe with Switzerland's Jurgen Tanner, but Canada's Al Hackner retrieved it last spring.

Oscarius, Danieli, Kamp, Soerum, Tanner — all were Turnbull disciples, along with dozens of lesser lights in Denmark, West Germany and the United States.

"It gave me a great feeling to know that I had coached every one of them somewhere along the way," he says.

However, like many successful Canadians in other walks of life, Turnbull's name is better known outside the country than within it.

For a number of reasons.

One is Curl Canada: He has much praise for this nationwide program sponsored by Sport Canada to train instructors and coaches. Another is the simple matter of numbers and the entrenched position the sport has in this country.

Still, business hasn't been bad at home. He has crisscrossed the country continuously in the past 15 years and thousands of rock-throwers bear his stamp.

What makes the TU method different?

"Early hip elevation, I suppose," says Turnbull. "Even Curl Canada doesn't teach the trunk lift, the early hip elevation which allows you to swing the rock cleanly more consistently.

"We teach the balanced delivery, the one Curl Canada terms the flat-foot delivery, and we are firmly against any kind of three-point stance or balancing on the broom as you come out of the hack.

"But the thing we do differently is to teach people to elevate their hips, *then* start the swing.

"If you watch any competitive curler from Europe, you'll see they all throw the same way."

As the demand grew, Turnbull and Ursuliak surrounded themselves with "really competent people . . . not big names, but guys who could teach."

The program worked for everybody but Moose himself. A self-proclaimed "good lead" for Terry Braunstein's Brier champions in 1965, Turnbull's coaching led to the gradual decline of his own game.

"I tried to curl competitively for a few years after the program got rolling. But I found myself mentally out of the game. I was always analysing everybody else."

Turnbull leaves no doubt he is happy with the way things turned out.

"We've travelled worldwide (Ursuliak has been pressing his advantage in Japan for the past three or four years), we've made great friends everywhere and it helped me financially when I needed it a few years back."

But the big thing is pride, demonstrated by the grin of acknowledgement when he thinks back to the '78 Silver Broom.

It *was* his bloody fault. And he's proud of it.

Ray Turnbull (right) watches as Kristian Soerum of Norway, a former world champion curler, throws a rock.

Barbara Huck, winner of the Scotty Harper Memorial Award for the best print curling story 1983 by a journalist.